



US Equestrian Resource Guide: Mental Health (updated 5/19/21)

US Equestrian Resources

[Free Mental Health First Aid from McLaughlin Young Group](#): 1-800-633-3353

US Equestrian members can access free, confidential, professional counseling services for personal, work-related, and family concerns for up to three visits or sessions through a third-party licensed provider. All providers are state-licensed, with a graduate degree and five years of post-graduate clinical experience and are available 24 hours a day, 365 days a year.

Disclaimer: *This Resource Guide is provided for informational purposes only. The lists included herein do not constitute complete lists of entities in existence. USEF does not endorse or have a relationship with any of the entities included in the below lists. All USEF members are encouraged to conduct their own research and due diligence on this topic.*

Hotlines and Warmlines (listed alphabetically)

[Crisis Text Line](#): Text SIGNS to 741741

Anonymous, free crisis counseling via text available 24/7.

[Mental Health America Warmline Directory](#)

Warmlines were created to give people support when they just need to talk to someone. These calls are typically free, confidential, and run by people who understand what it's like to struggle with mental health problems.

[NAMI National Warmline Directory](#)

NAMI's directory of warmlines across the country.

[National Suicide Prevention Lifeline](#): 800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

[OK2Talk Teen Helpline](#): 800-273-8255

OK2TALK is a community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.



[National Sexual Assault Hotline](#): 800-656-4673

RAINN operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.

[SafeSport Helpline](#): 833-587-7233

Run by the U.S. Center for SafeSport, the SafeSport Helpline provides crisis intervention, referrals, and emotional support specifically designed for athletes, staff, and other SafeSport participants affected by sexual violence. All services are anonymous, secure, and available 24/7.

[Trans Lifeline](#): 877-565-8860

Trans Lifeline provides trans peer support for our community and is run by and for trans people.

[The Trevor Project](#): 866-488-7386

The Trevor Project provides support to all in crisis, with a focus on the LGBTQ youth between the ages of 13 and 24. The Trevor Lifeline is available 24/7, and support by text and chat are available online, as well.

[Veterans Crisis Line](#): 800-273-8255, Press 1

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

General Resources (listed alphabetically)

[American Psychological Association](#)

The leading scientific and professional organization representing psychology in the United States, with more than 121,000 researchers, educators, clinicians, consultants, and students as its members.

[American Psychiatric Association](#)

The American Psychiatric Association is the leading psychiatric association in the world, represented by members in over 100 countries. All of the psychiatrists in the association strive to advance the world of psychiatry and provide the highest level of care to mental illness sufferers

[The Campaign to Change Direction](#)

The Change Direction initiative is a campaign to change the culture in America about mental health, mental illness, and wellness.

[Centers for Disease Control and Prevention: Mental Health](#)

[Centers for Disease Control and Prevention: Suicide Prevention](#)

The Centers for Disease Control and Prevention (CDC) focuses on preventing or reducing the impact of mental illness as a critical part of overall wellness.

[National Alliance on Mental Illness](#)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

[National Institute of Mental Health](#)

The National Institute of Mental Health is the lead federal agency for research on mental disorders. The mission of the NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

Anxiety and Mood Disorders Resources

[Anxiety and Depression Association of America](#)

The ADAA is a nonprofit that focuses primarily on anxiety disorders and depression. Its mission is to improve the quality of life for people who suffer from these disorders, providing research, facts, and resources.

[The Anxiety Network](#)

The Anxiety Network focuses on panic disorder, generalized anxiety disorder, and social anxiety disorder. It provides facts, information, and personal blog posts surrounding the three disorders, which inspire people to overcome their mental illness.

[Hope for Depression Research Foundation](#)

HDRF is a non-profit that focuses on depression and related mood disorders. The foundation uses neuroscience research to study depression, its causes, new treatments, and methods of prevention. It also aims to eliminate the stigma surrounding depression.

[International OCD Foundation](#)

The Anxiety Network focuses on panic disorder, generalized anxiety disorder, and social anxiety disorder. It provides facts, information, and personal blog posts surrounding the three disorders, which inspire people to overcome their mental illness.

Eating Disorders Resources (listed alphabetically)

[Eating Disorders Anonymous](#)

Eating Disorders Anonymous is a fellowship of individuals who share their experiences with each other so that they may solve their common problems and help others recover from their eating disorders. The only requirement for membership is a desire to recover from an eating disorder.

[Eating Disorder Hope](#)

Eating Disorder Hope's mission is to offer hope, information, and resources to individual eating disorder sufferers, their family members, and treatment providers.

[The National Association of Anorexia Nervosa and Associated Disorders](#)

ANAD is the leading nonprofit in the U.S. that provides free, peer support services to anyone struggling with an eating disorder.

[National Eating Disorders Association](#)

The National Eating Disorders Association supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

LGBTQ+ Resources (listed alphabetically)

[The Association of LGBTQ+ Psychiatrists](#)

AGLP is an independent organization from APA, but works closely with APA through LGBTQ+ representation in various roles and capacities.

[Family Acceptance Project](#)

The Family Acceptance Project® is a research, intervention, education and policy initiative that works to prevent health and mental health risks for LGBT children and youth.

[NAMI: Mental Health Information for LGBTQI Community](#)

While belonging to the LGBTQI community can be a source of strength, it also brings unique challenges. It's important to recognize how sexual orientation and gender identity relates to mental health.

[SAGE Advocacy and Services for LGBT Elders](#)

SAGE leads in addressing issues related to lesbian, gay, bisexual and transgender (LGBT) aging.

Substance Abuse Resources (listed alphabetically)

[Local Health Centers for Substance Abuse Services](#)

The Health Resources and Services Administration's health centers have delivered affordable, accessible, quality, and value-based primary health care to millions of people regardless of their ability to pay. [Find a Health Center](#)

[National Institute on Alcohol Abuse and Alcoholism: Finding and Getting Help](#)

This guide is written for individuals, and their family and friends, who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them.

[Substance Abuse and Mental Health Services Administration](#)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human whose mission is to reduce the impact of substance abuse and mental illness on America's communities.

Trauma, Assault, and Abuse Resources (listed alphabetically)

[American Psychiatric Association – Help with Post-Traumatic Stress Disorder](#)

A compilation of information and resources about PTSD from the American Psychiatric Association. PTSD can occur in all people of any ethnicity, nationality or culture, and at any age, and affects approximately 3.5 percent of U.S. adults every year.

[National Center on Domestic Violence, Trauma, and Mental Health](#)

Provides training, support, and consultation to advocates, mental health and substance abuse providers, legal professionals, and policymakers as they work to improve agency and systems-level responses to survivors and their children.

[Rape, Abuse, and Incest National Network \(RAINN\)](#)

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline and carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

[Violence Prevention Series from the World Health Organization](#)

From the World Health Organization, this series of seven briefings for advocates, program designers and implementers, and others for preventing interpersonal and self-directed violence.

Veterans and Active Military Resources (listed alphabetically)

[Military OneSource: Mental Health Resources](#)

Military OneSource is a 24/7 connection to information, answers, and support to help the military community reach their goals, overcome challenges, and thrive.

[U.S. Department of Defense – National Center for Post-Traumatic Stress Disorder](#)

The National Center for PTSD is to advance the clinical care and social welfare of America's veterans who have experienced trauma, or who suffer from PTSD, through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.

[U.S. Department of Veterans Affairs – Mental Health](#)

VA has a variety of mental health resources, information, treatment options, and more — all accessible to veterans, veterans' supporters, and the general public.

Youth and Family Resources (listed alphabetically)

[Born This Way Foundation](#)

The Born This Way Foundation advocates mental wellness and empowerment. It targets young people, specifically, as the foundation knows that the creative and diverse young people of today are the future. Its mission is “to create a kinder and braver world.”

[Changing the Rules: A Guide for Youth and Young Adults with Mental Health Conditions Who Want to Change Policy](#)

This organization aims to help families understand depression and bipolar disorder to better grasp the concept of mental illness and cope with it. It holds workshops as well as free webinars to educate people and firsthand stories from families on their experiences with mental illness.

[Families for Depression Awareness](#)

This organization aims to help families understand depression and bipolar disorder to better grasp the concept of mental illness and cope with it. It holds workshops as well as free webinars to educate people and firsthand stories from families on their experiences with mental illness.

[Understanding Child Trauma \(SAMHSA\)](#)

Recognize the signs of child traumatic stress with the informative infographic developed by SAMHSA's National Child Traumatic Stress Initiative.

[Youth.gov Mental Health Resources](#)

Youth.gov was created by the Interagency Working Group on Youth Programs, which is composed of representatives from 22 federal agencies that support programs and services focusing on positive, healthy outcomes for youth.

Multimedia Resources

Dates to Remember

- [Mental Health Awareness Events](#)

Podcasts (Listed alphabetically)

- [Behaviorally Speaking](#)
- [The Happiness Lab](#)
- [Psychology in Seattle](#)

Books and Articles (Listed alphabetically)

- [20 Books About Mental Health for World Mental Health Day](#) (Writer's Digest)
- [Fourteen More Insightful Memoirs/Non-Fiction Books about Mental Illness and Addiction](#) (Medium)
- [Free Mental Health Resources for Families](#) (Parents Magazine)
- [How to Talk to Your Kids About the News and Protect Their Sense of Safety](#) (Safety.com)
- [Moms' Mental Health Matters: Depression and Anxiety Around Pregnancy](#) (National Institute of Health)
- [What Moms Need Most is Their Mental Health](#) (Talkspace)
- [Men Tell Their Mental Health Stories](#) (Movember)

Video (Listed alphabetically)

- [Be a Man of More Words](#) (Movember, YouTube)
- [College Guide Video](#) (NAMI, YouTube)
- [I Had a Black Dog, His Name Was Depression](#) (World Health Organization, YouTube)
- [LGBTQ Youth: Voices of Trauma, Lives of Promise](#) (National Child Traumatic Stress Network, YouTube)
- [Never Give Up: A Complex Trauma Film by Youth for Youth](#) (National Child Traumatic Stress Network, YouTube)
- [Remembering Trauma: Connecting the Dots Between Complex Trauma and Misdiagnosis in Youth](#) (Center for Child Trauma Assessment, Services & Interventions)